

ACTIVITY: **HEAD, SHOULDERS,  
KNEES & TOES**



## WARM UP

- Players to be shown correct Ready Position.
- Players stand in a Ready Position and on command every 2 seconds, have to touch either their head, shoulders, knees or toes returning to a Ready Position every time.



Allow more time between commands.

### ORGANISATION

- Position players in the area to demonstrate
- Split players into pairs



Players work in pairs and add 'ball' command where players have to be first to pick a ball out of a cone